

Carlsbad Paradise Café by the Sea

February 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Monthly Movie February 8th</p>	 <p>Armchair Theater February 13th</p>	 <p>Armchair Theater February 20th</p>	<p>1</p> <p>Tomato Basil Soup* Chicken Caesar Wrap Crackers Carrot Sticks with Ranch Ice Cream Mandarin Oranges</p>	<p>2</p> <p>Meat & Cheese Lasagna* Marinara Sauce Peas Greek Salad Garlic Bread Banana Pudding</p>
<p>5</p> <p>Tostadas Seasoned Ground Beef Refried Beans*, Rice Shredded Lettuce Diced Tomatoes Shredded Cheese Sour Cream, Salsa Tostadas Tropical Fruit</p>	<p>6</p> <p>Grilled Chicken Breast Tarragon Sauce Spinach Brown Rice Spring Mix with Cranberries with Vinaigrette Dressing Ice Cream with Pears</p>	<p>7</p> <p>Honey Glazed Ham** Roasted Sweet Potatoes Green Beans Cornbread Peaches & Cream Alternate Salad Caesar Salad with Grilled Chicken, Carrots</p>	<p>8</p> <p>Salisbury Steak Mashed Potatoes Gravy*, Peas & Carrots, Stewed Tomatoes, Wheat Bread, Pudding "The Mountain Between Us" 1 p.m. in Auditorium 3 p.m. in TV Lounge</p>	<p>9</p> <p>Chicken Marsala Bowtie Pasta Grilled Zucchini Mixed Greens with Marinated Beets Pineapple</p>
<p>12</p> <p>Spaghetti with Grilled Sausage Marinara Sauce Caesar Salad Spinach Garlic Bread Fresh Fruit</p>	<p>13</p> <p>Chicken Gumbo Rice Spinach Salad Mandarins Bread Pudding with Whiskey Sauce Armchair Theater: The Space Between Us 1 & 3 p.m. in TV Lounge</p>	<p>14</p> <p>Salmon with Hollandaise Parsley Potatoes Green Beans, Carrot Salad with Pineapple Valentine's Dessert Alternate Salad Oriental Chicken Salad Carrots</p>	<p>15</p> <p>Meatloaf Mashed Potatoes Mushroom Gravy* California Vegetables Wheat Bread Apple Sauce</p>	<p>16</p> <p>Tilapia with Lemon & Caper Sauce* Yellow Rice Broccoli & Carrots Cucumber Salad Sherbet Alternate Salad Southwest Chicken Salad, Carrots</p>
<p>19</p> 	<p>20</p> <p>Ginger Beef Rice, Oriental Blend Vegetables Asian Cabbage Salad Mandarin Oranges Armchair Theater: "Everything Everything" 1 & 3 p.m. in TV Lounge</p>	<p>21</p> <p>Philly Chicken on Roll Sautéed Mushrooms, Peppers & Onions Provolone Cheese Tossed Salad Potato Salad Fresh Fruit</p>	<p>22</p> <p>Roast Turkey* Mashed Potatoes Gravy* Broccoli Cranberry Sauce Sweet Potato Pie</p>	<p>23</p> <p>Cheese Ravioli* Tomato Cream Sauce Spinach Caesar Salad Garlic Bread Fresh Fruit</p>
<p>26</p> <p>Chicken a l'Orange Herbed Rice Mixed Vegetables Spinach Salad Tropical Fruit Salad</p>	<p>27</p> <p>Roast Beef* Gravy* Baked Potato Sour Cream, Scallions California Vegetables Sourdough Bread Fresh Fruit Armchair Theater: "Victoria & Abdul" 1 & 3 p.m. in TV Lounge</p>	<p>28</p> <p>Minestrone Soup Open Faced Italian Hoagie** Cole Slaw Crackers Ice Cream with Fruit </p>	 <p>Armchair Theater February 27th</p>	<p>Menu subject to change Reservations: 760-602-4655 ** = 500+MG * = 300-500 MG Sodium</p>

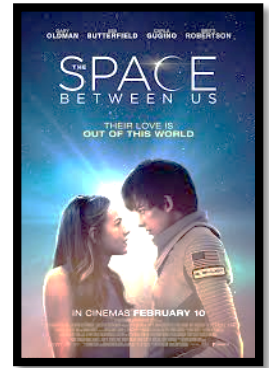


Carlsbad Paradise Café by the Sea

For information call: 760-602-4650

The Carlsbad Senior Center serves nutritious, “hot” meals Monday through Friday in our Dining Room. The requested donation for seniors, who are **ages 60 and up**, is \$3.50—you **need not be a city of Carlsbad resident to dine**. A \$5 lunch fee applies to **non-senior guests** of seniors.

Advance reservations can be made in person, by calling **760-602-4655**. Please tell us which day(s) you will be attending lunch and leave your full name and phone number. Cancellations can be made by calling **760-602-4655**.



Dining room seating is available at 11 a.m. and lunch is served promptly at 12 noon. You may **forfeit** your lunch reservation if you do not check-in prior to 11:45 a.m. We also deliver home meals Monday through Friday to homebound seniors living in Carlsbad, for a requested donation of \$4. In addition, frozen meals are available for the weekend and will be delivered on Fridays. For more information, call **760-602-4650**.

Transportation for lunch to and from the Carlsbad Senior Center is available Monday through Friday to Carlsbad seniors, ages 60 and up, and who are unable to drive. Transportation for medical appointments is provided Tuesdays, Thursdays and Fridays. Appointments must be made in advance.

For all transportation reservations, call **760-602-4650**.



Wednesdays, transportation is available for shopping. Call **760-602-4650** for schedule and reservations. Special transportation options are available every Tuesday for lunch & Bingo, as well as the 2nd Thursday of each month for lunch and our **free** monthly movie.

No eligible person will be denied a meal or transportation because of failure or inability to contribute. This program is supported by the City of Carlsbad and the Older Americans Act funds through San Diego County Aging & Independence Services.



FEBRUARY SENIOR SPECIALS

2/1	8:30 a.m. to 4 p.m. Tuesdays & Thursdays	AARP tax assistance for adults 50+. Call 760-602-4650 or drop by the front desk to schedule an appointment.
2/7	9:45 to 11:30 a.m.	Carlsbad newcomers host – Dr. Phil Goscinski, M.D. – How our distant ancestors lived and applied this knowledge to extend life, avoiding chronic diseases of our age
2/8	1 & 3 p.m.	Monthly Movie: “The Mountain Between Us”
2/12	1 to 2:30 p.m. 1:30 to 3 p.m.	Book Club: “Killers of the Flower Moon,” by David Grann Morningstar Financial Education Lecture: Fund of the Month
2/13	1 & 3 p.m.	* Armchair Theater: “The Space Between Us”
2/15	10 to 11:30 a.m. 1:30 to 3:30 p.m.	Seminar: Don’t become a victim of a solar panel installation scam Monthly Dance: The Pier Group, sponsored by Carlsbad by the Sea \$4.
2/19	1:30 to 3 p.m.	Morningstar Financial Education Lecture: Mutual Fund Investing Basics
2/20	10:30 to 11:30 a.m. 1 & 3 p.m.	Experiential lecture/demonstration: Heart-Coherent Tai Chi Kung * Armchair Theater: “Everything, Everything”
2/21	10 a.m. to 11:15 a.m. 1 to 2:15 p.m.	Photoshop Elements – Editing Apple iOS 11 – NEW!
2/26	1:30 to 3 p.m.	Morningstar Financial Education Lecture: The Morningstar Monthly Reader
2/27	10:30 to 11:30 a.m. 1 & 3 p.m.	Seminar: Grace and grit - Insights to the real life challenges of aging * Armchair Theater: “Victoria & Abdul”
2/28	10 a.m. to 11:15 a.m. 1 to 2:15 p.m.	All About Podcasts Amazon’s Alexa – NEW!

* Requires reservations